

45 MIN WORKOUT

AGE 18-25



Exercises

- 10 sit ups
- 25 push ups
- 20 squats
- 15 lunges
- 15 sec plank
- 25 crunches
- 35 jumping jacks

AGE 26-34



Exercises

- 20 sit ups
- 15 push ups
- 10 squats
- 25 lunges
- 30 sec plank
- 25 crunches
- 10 jumping jacks

AGE 34-42



Exercises

- 15 sit ups
- 25 push ups
- 15 squats
- 25 lunges
- 40 sec plank
- 25 crunches
- 50 jumping jacks

AGE 43-49



Exercises

- 10 sit ups
- 5 push ups
- 20 squats
- 15 lunges
- 15 sec plank

Top Method For Home Workout Full Tutorial 13284

Albert A Gayle



Top Method For Home Workout Full Tutorial 13284:

Whispering the Secrets of Language: An Emotional Quest through **Top Method For Home Workout Full Tutorial 13284**

In a digitally-driven world where screens reign great and immediate conversation drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within phrases often go unheard. However, situated within the pages of **Top Method For Home Workout Full Tutorial 13284** a captivating fictional treasure pulsing with raw feelings, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, that wonderful opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the emotional depths of this touching evaluation, we will embark upon a heartfelt exploration of the book is core subjects, dissect its interesting publishing model, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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